

## TIPS & TECHNIQUES

# An Ounce of Prevention is Worth a Pound of Cure

**F**or those mariners prone to seasickness, taking some simple measures before and during a cruise could keep the dreaded *mal de mer* at bay:

### Before casting off:

- Avoid greasy, heavy, and acidic foods.
- Eat something light and drink lots of fluids an hour before departure, so your tummy has something to process.
- Avoid alcohol the night before leaving; a hangover on a pitching boat is 10 times worse than one spent on your couch, and it can contribute to equilibrium issues that lead to seasickness (and man-overboard situations).

### Underway:

- Drink lots of fluids in the early part of the trip.
- Stay on deck when possible, watching a fixed point on the horizon.
- Get to work; staying involved in the running of the boat keeps your mind busy and helps acclimate you to the motion of the boat.
- If seated, find a place near the boat's centerline, where the pitching motion is reduced; the helm is usually a good spot.
- On longer trips, avoid alcohol and caffeine until you've gotten your sea legs.

